

Thursday, March 22, 2018

Cardinal Coop Athletic Banquet to be held March 26 @ 6:30 in the Langdon HS gym. Those invited include any Elementary & HS sports (fall, winter & spring) - athlete and their parents. A meal will be served and then recognition and awards to follow.

BREAKFAST & LUNCH

Today:

- **Kristina's Meal**: lasagna, bread sticks, green beans, salad, sauce & fruit

Friday:

- **Breakfast**-cereal, juice & sauce
- **Lunch**-tomato soup, grilled cheese, crackers, salad & fruit

THIS WEEKS ACTIVITIES

Thursday:

Practices:

- Track @ LHS
- 3 & 4 VB @ LES
- Baseball @ LHS

Friday:

- End of 3rd Qtr.

Practices:

- Track @ LHS
- Baseball @ LHS

Saturday:

Games:

- Track (V) @ UND 1:00

Any girls in grades 7-9 interested in finding out more about or attending the "**Expanding Your Horizons**" Conference at NDSU on April 7, please see Mrs. Henry.

Have a great day!!